AMENDED SET OF CLAIMS

1. (Currently Amended) A ~~metal~~ steel sheet pile comprising:

a flange;

a pair of webs, each of said pair of webs being connected at one end thereof to opposite ends of said flange, respectively, so as to be line-symmetric with each other;

a pair of arms, each of said pair of arms being connected at one end thereof to another end of said pair of webs, respectively; and

a pair of joints, each of said pair of joints being connected to another end of said pair of arms, respectively,

wherein the sheet pile has a geometrical moment of inertia I of larger than 9,500 [cm^4/m] and a cross-sectional dimension of said ~~metal~~ sheet pile meets all of the following inequalities:

$890 \leq B \leq 920$;

$280 \leq Bf \leq 350$;

$210 \leq H \leq 350$; and

$Bf/32.4 \leq t \leq 28$,

~~$700 \leq B \leq 1,200$;~~

~~$280 \leq Bf \leq 0.0005 \times B2\ 0.05 \times B$; and~~

~~$-0.073 \times B + 0.0043 \times I + 230 \leq H \leq 380$,~~

where B is an effective width [mm] of said ~~metal~~ sheet pile, Bf is a width [mm] of said flange, H is a height [mm] of said ~~metal~~ sheet pile, and t is a flange thickness [mm] ~~I is a geometrical moment of inertia [cm^4/m]~~ of said ~~metal~~ sheet pile.

2. (Currently Amended) The steel ~~metal~~ sheet pile according to claim 1, wherein the cross-sectional dimension of said ~~metal~~ sheet pile further meets the inequality Bf x 0.6 $\leq$ B - Bf - 2 x Bw $\leq$ Bf x 1.1, where Bw is a width [mm] of said webs in the direction parallel to said flange.

3. (Currently Amended) The steel ~~metal~~ sheet pile according to claim 2, wherein ~~a~~ the thickness of the flange is less than 28 mm.

4. (Cancelled).

5. (Currently Amended) The steel ~~metal~~ sheet pile according to claim 1, wherein said pair of arms are parallel to said flange.

6-10. (Cancelled).

11. (New) The steel sheet pile according to claim 1, wherein said steel metal pile is hot-rolled.

12. (New) The steel sheet pile according to claim 1, wherein said steel sheet pile has a moment of inertia of 9,500-10,500 cm^4/m.

13. (New) The steel sheet pile according to claim 1, wherein the thickness of the flange is from 10 mm to 28 mm.